

HUMAN FOODS THAT ARE GOOD FOR DOGS

We often talk about the bad foods that you should never give to dogs, but what about all the good human foods that can be beneficial?



GREEN BEANS

Common beans are low in fat and offer an excellent source of protein, fibre, and complex carbohydrates. They are also a very good source of folic acid and molybdenum. They provide significant amounts of iron, phosphorus, magnesium, manganese, and potassium.



SALMON

This well known and popular fish is a very good source of easy digestible proteins (amino acids), Omega-3 fatty acids in the form of triglycerides, vitamins – vitamin D, vitamin A and some members of the vitamin B group. Salmon also contains minerals like selenium, zinc, phosphorus, calcium and iron. Ideally feed your dog raw salmon, but be careful with the bones.



YOGHURT

Yoghurt is an excellent source of protein and calcium. The best thing about feeding your dog yogurt is that it improves digestive and immune system health. Yoghurt provides both humans and dogs with essential vitamins, calcium and probiotics. Probiotics are live microorganisms, such as bacteria, which are safe for the host organism. These good bacteria aid in regulating the digestive system and battling illness. Only feed your dog natural, unflavoured yogurt.



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EGGS

These nutrient-rich foods are a great addition to a healthy diet. Eggs contain one of the highest sources of protein available, plus they contain a stack of vitamins and minerals. The shells are almost pure calcium, and you can grind these in a spice grinder and add to homemade dog food.



FLAXSEED

These little seeds pack a punch. They're high in B vitamins, manganese and magnesium and are an excellent source of fibre. Flaxseed is a natural anti-inflammatory as they are rich in Omega-3 fatty acids. Only small amounts should be added to food, and for an average sized dog, 1 teaspoon would be plenty.



CARROTS

Raw carrots contain beta-carotene, a strong antioxidant that many believe can prevent cancer. Carrots are low in calories and high in vitamins and minerals. They can also regulate blood sugar, improve eyesight, and are rich in fibre. Add to food or try to substitute fresh carrots for your normal training treats.

SWEET POTATOES

Another vegetable that is rich in beta-carotene and vitamin C. A good source of fibre, sweet potatoes are said to be beneficial for sufferers of stomach ulcers and inflamed conditions of the colon.



PUMPKIN

There are many varieties of pumpkin, but whatever variety you choose you can be sure of the health benefits. Pumpkins are loaded with beta-carotene, zinc and potassium. Pumpkin can also help alleviate constipation and upset stomachs.



APPLES

Small chunks of apple can be a high-fibre, crunchy snack for dogs. Always remove the core and never feed the seeds. Fatty acids such as Omega-3 and Omega-6 in apples mean your dog's skin and coat will be lovely and glossy.

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